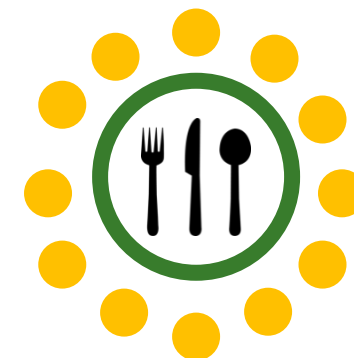


recipe of the week:

Lightened Up Jalapeno Popper Dip



ingredients:	directions:
1-8 oz. Neufchatel cream cheese	1. Preheat oven to 375 degrees F. Blend cream cheese, yogurt and mayonnaise until smooth.
½ cup fat –free Greek yogurt	2. Stir in 1/2 cup of the Mexican blend cheese and 1/4 cup of the Parmesan, the diced chilies, jalapenos and salt and pepper. Put in a pie pan
2 tbsp Hellman’s regular mayonnaise	3. Mix Panko with the butter and remaining 1/4 cup of Parmesan cheese and sprinkle over mixture in pie pan.
½ cup Mexican blend shredded cheese	4. Bake 20 minutes and then switch to broiler and broil 3 more minutes to brown crumbs. Serve with bread or crackers.
½ cup parmesan cheese	
1 oz. green chilies, diced	
2 fresh jalapenos	
½ cup panko bread crumbs	
1 tbsp butter	
Salt and pepper to taste	

Presented by:

